



Meet Your Wise Inner Guide

A MEDITATION AND JOURNALING TOOL
FOR CLARITY, INSPIRATION AND GUIDANCE

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IAJW.ORG INTERNATIONAL ASSOCIATION FOR
JOURNAL WRITING
Enrich Your Life Through Journaling

Meet Your Wise Inner Guide

A meditation and journaling tool for clarity, inspiration and guidance

About this Tool

This Meditation & Journaling Tool includes:

1. The Wise Inner Guide Meditation
2. Wise Inner Guide Journal Prompts

How to use this Meditation & Journaling Tool

- **Getting Started:** Give yourself some time to meditate and journal with the help of *Meet Your Wise Inner Guide: A meditation and journaling tool for clarity, inspiration and guidance*.
- **Make This Time Special:** Perhaps you want to light a candle, have some essential oils in a diffuser, and have some water nearby to stay hydrated while you write, reflect, and renew. You will know best what will make this a nourishing and relaxing experience for you. I like to think of this meditation and journaling time like a mini-creative and replenishing retreat. This time is for you!
- **Before You Begin:** Please read the information provided *About Guided Meditation* (page 2).
- **Guided Meditation:** Next, **listen to the Wise Guide Meditation** (MP3 Meditation can be found in the Zip file you downloaded when you accessed this free gift).
- **Guided Journaling:** After listening to the meditation, take some time to journal using the prompts provided on page 5.
- **Completion & Affirmation:** Bring your meditation and journaling time to completion by acknowledging yourself for what you just did. You might say something quietly to yourself like: *"I am grateful for this time to relax and write."*

“Inner wisdom is a knowledge that comes from quieting the mind, setting aside the ego, setting aside one's ideas of how things should be, and listening and feeling for what feels truly right.” – BRIAN LEAF

About Guided Meditation

Guided meditation provides a fast, simple, and effective way of uniting with your inner source of wisdom and well-being. Powerful visualization, progressive relaxation and reflection techniques help you achieve increased feelings of calm, peace, clarity, balance and profound relaxation. Discover places of greater ease, flow, and greater self-awareness. Your mind and body are wise and capable of getting exactly what you need at any given time. This meditation was created with your highest sense of balance, well-being and fulfillment in mind. May you enjoy the many benefits of guided meditation on its own and as a powerful companion practice to lead into your journal writing, in this *IAJW Meditation & Journaling Tool*.

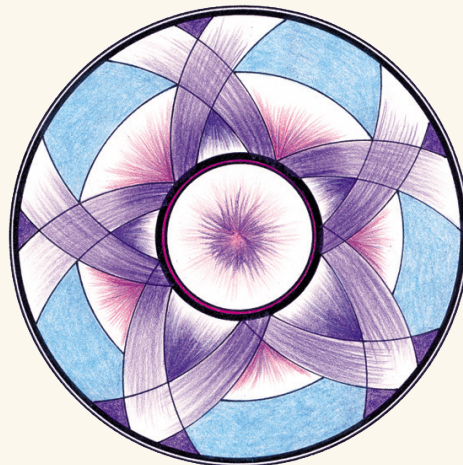
How to use this Guided Meditation

To get the most from this meditation please take the time and space to listen to this recording in a place that is comfortable to you and free from distractions. Stop everything else you are doing and give yourself permission to simply be with this meditation. The more often you listen to it, the more benefits you can experience. You begin to train the mind and body to relax.

Please do not drive or operate machinery while listening to this recording. Guided meditation can bring you into a deep state of relaxation and can cause drowsiness. It is important to avoid multi-tasking while listening to this recording. You will get the most from this recording by giving your full attention to the meditation.

Why Meditate & Journal

When we relax it helps us write and when we write it can help us relax. Meditation and journal writing can be done together to offer you opportunities for greater feelings of well-being, clarity, and calm. It can also help you create new awakenings, insights, and increase your self-awareness. Enjoy!



Begin your Meditation & Journaling journey now...

Now that you are all set and have devoted some time and space to engage with meditation and journaling, please begin...

1. Listen to Meet Your Wise Inner Guide (9:43 minutes)

Recorded with Lynda Monk

(MP3 Meditation can be found in the Zip file you downloaded when you accessed this free gift).

This guided meditation is helpful when you want to access your inner wisdom. Perhaps you're making a decision or you want greater clarity in some area of your life. Listen to Meet Your Wise Inner Guide to go on a journey to meet your wise guide and gain insights from within.

2. Meet Your Wise Inner Guide Journal Prompts

After you have listened to the Guided Meditation turn your attention to journaling with the help of the following prompts...

How to use these journal prompts:

Read the list of prompts on the next page. You can respond to each of the journal prompts that are offered or you can simply use the prompts that resonate most with you. You will know what feels best in the moment!

Remember, when it comes to journaling, *whatever you write is right!*
You are always the expert of your own experiences.

3. Affirmation & Completion

Bring your meditation and journaling time to completion by acknowledging yourself for what you just did. You might say something quietly to yourself like: *"I am grateful for this time to relax, write and feel balanced from within."*

“Call it inner wisdom, intuition, insight or guidance. Whatever term you use, this is the little voice inside you that represents the real you. It's the you after stripping away society's standards and expectations — and everyone else's.” – SANDY GRASON

Wise Inner Guide Journal Prompts

Your Wise Inner Guide is that part of you that knows what is best for you. It is your intuitive way of knowing. It is your inner wisdom. It is always available to you.

What was your journey to meet your Wise Inner Guide like during the guided meditation? What did you notice? What did you sense? See? Hear?

What did your Wise Inner Guide look like (if you were able visualize an image of your Wise Guide)?

What insights did you gain from your connection with your Wise Inner Guide?

Here are some of the questions you asked your Wise Inner Guide during the meditation, you can use these questions as journal prompts:

- What do I most need to know right now?
- Where should I be putting my attention and energy?
- What would be most helpful at this time in my life?
- What other questions would you like to ask your Wise Inner Guide? Take a moment to ask a question now and hear the answer.

Simply write down the responses you hear or receive from your Wise Inner Guide.

Your Wise Inner Guide brought you a gift during the guided meditation – a pearl of wisdom – what was this pearl or gift?

What do you want to remember from your meeting with your Wise Inner Guide?


What are other ways you typically listen within and connect with your inner wisdom?

Have there been times in your life when you have ignored your inner wise voice? If so, what are examples of these times? What impact or consequence did that have?

It is normal for the inner critic, that negative, self-doubting voice, to show up when we try to listen to our inner wisdom. What does your inner critic voice sound like? Let it rip. Write it down. Let your inner critic yell, have a voice and get it out on the page. Just notice that inner critic voice and keep writing. *Soon your inner truth will bubble up and quiet that negative voice.*

What or who helps you to tap into your inner wisdom?

When you trust your own wise voice within, what is possible in your life?

 *Inner wisdom either can be a calm, serene feeling, or a passionate, electric feeling. Either way, it has a deep sense of rightness. Living from this rightness is liberating and comforting.* BRIAN LEAF



Those who seek to listen to their own inner voice forget to listen to the judgment of others." - VIRONIKA TUGALEVA

Acknowledgments & Copyright

This Guided Meditation was written by Lynda Monk, MSW, RSW, CPCC, Writing for Wellness Coach and Director of IAJW.org. This meditation was recorded by Lynda Monk with music by Daryl Chonka of Old Growth Music. This meditation was originally included in the *Creative Wellness Guided Meditations CD (2008) that is no longer in production*. We are happy to make these guided meditations available now as MP3 recordings within the [IAJW Meditation & Journaling Tools](#).

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Reflection offers a retrospective exploration, a way to figure out how everything fits and connects now on your journey- and being done so without regret or remorse. Reflection is the birthplace of discernment, an insightful and awakening place that grants you to keep what you need and smartly sift away the rest." – CHRISTINE EVANGELOU

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